

NATURE'S



FOOD PATCH

Market & Café

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Raw Vegan Cheese! 3/30

w/ Raw Foods Instructor Brad Myers

<https://www.facebook.com/TheVegabondChef>

Cheddar Nut “Cheese” Ingredients:

- 1 1/2 cups raw cashews, soaked for 4-6 hours
- 4-6 sun dried tomatoes, slices and soaked in water with the cashews
- 1/4 cup nutritional yeast
- 1 heaped tablespoon mellow white miso (use chickpea miso if you are sensitive to soy)
- 1 tablespoon raw apple cider vinegar
- 1 teaspoon sea salt
- 1 teaspoon onion powder
- 1/2 teaspoon dry ground mustard powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon turmeric
- dash cayenne
- 1/2 cup organic unrefined coconut oil

~Drain Cashews & tomatoes and blend everything in food processor until smooth. Store in fridge. Cheese will get stronger after a couple days ~ enjoy!

Sunflower Dill “Cheese” Ingredients:

- 2 cups sunflower seeds, soaked for 6-12 hours
- 1 small bunch fresh dill
- 4 garlic cloves
- Juice from 2 lemons
- 1/2 cup olive oil
- Salt to taste

~Drain Sunflower seeds and blend everything in food processor until smooth. Store in fridge. Enjoy!